

Autumn Fitness Programme

(Effective from 5th September 2022)

Fitness Classes

Time	Class Name	Cost
Monday		
6.00pm - 6.45pm	Studio Cycling	£4.00
7.00pm - 7.45pm	KettleCore	£4.00
7.00pm - 7.45pm	*NEW* Box - FIT	£4.00
Tuesday		
11.00am - 12.00pm	Senior Citizen Bowls <small>*starting 7th June</small>	£4.00
6.00pm - 6.45pm	Body SHOCK	£4.00
7.00pm - 7.45pm	FitCamp	£4.00
7.00pm - 7.45pm	Yoga	£4.00
8.00pm - 8.45pm	Pilates	£4.00
Wednesday		
10.15am - 11.00am	Yoga	£4.00
11.15am - 12.00pm	Pilates	£4.00
12.30pm-1.15pm	Studio Cycling	£4.00
7.30pm - 8.30pm	Junior Karate (6yrs+) <small>*starting 7th June</small>	£3.00
8.30pm - 10.00pm	Senior Karate	£4.00
6.45pm - 7.30pm	*NEW* Functional Fitness	£4.00
7.00pm - 7.45pm	KettleCore	£4.00
Thursday		
6.00pm - 6.45pm	*NEW* Box - FIT	£4.00
6.00pm - 6.45pm	Body SHOCK	£4.00
7.00pm - 7.45pm	*NEW* Studio Cycling	£4.00
7.00pm - 7.45pm	FitCamp	£4.00
Friday		
4.30pm - 5.30pm <small>(Starting Friday 16th Sep 2022)</small>	Kids Athletics (5 - 8years)	£12.00 (6 week course)
5.30pm - 6.30pm	Kids Athletics (9 - 13yrs)	£12.00 (6 week course)
7.00pm - 8.30pm	Walk, Jog Run	£2.00
Saturday		
11.00am - 11.45am	FitCamp	£4.00